



# Training

Cardio Tennis is a fun group activity featuring drills to give players of all abilities an ultimate, high-energy workout.

By consistently elevating their heart rates, participants can burn more calories than playing singles or doubles tennis.

***REGISTRATION COMING  
SOON TO THE PALMETTO  
TENNIS CENTER!***

**[www.sumtersc.gov](http://www.sumtersc.gov)**

**(803) 774-3969**

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**Palmetto  
Tennis Center**  
*Sumter, South Carolina*